



Rong Xiang, 7
Stockton School – Cherry Hill, NJ

FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

J	U			L		Y
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

S	E	P	T	E	M	B	E	R
S	M	T	W	T	F	S		
						1	2	
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

<div>S</div> <div>M</div> <div>Enjoy this last month of summer with your family.</div> <div>Try this month's ideas for activities for enjoying quality time together.</div>		<div>T</div> <div>1</div> <div>Plan family activities in advance and note them on this calendar so other things won't interfere with these special times.</div>	<div>W</div> <div>2</div> <div>Tell your child how you chose his or her special name when they were born.</div>	<div>T</div> <div>3</div> <div>Balance your schedules so you can all eat dinner together.</div>	<div>F</div> <div>4</div> <div>Simple, unstructured activities—catching lightning bugs, watching a spider spin its web—let children discover nature.</div>	<div>S</div> <div>5</div> <div>This month, take your children to the library more often.</div>
<div>6</div> <div>Friendship Day</div> <div>Help your children's friendships grow. Let them know their friends are always welcome in your home.</div>	<div>7</div> <div>Tip for new dads:</div> <div>Spend lots of time caring for and playing with your baby. The rewards are great!</div>	<div>8</div> <div>Visit a local farm where the whole family can pick their favorite berries and fruit.</div>	<div>9</div> <div>Have fun together:</div> <div>Jump rope and learn a new skipping song.</div>	<div>10</div> <div>If you can, take your children to visit your workplace. They'll be interested to see how you spend your day.</div>	<div>11</div> <div>Plan a special dinner featuring food from another country. Let your kids choose the country.</div>	<div>12</div> <div>Children enjoy seeing artists at work. Take them along when you visit an arts and crafts fair.</div>
<div>13</div> <div>Once in a while, have a special family dinner by candlelight.</div>	<div>14</div> <div>Celebrate your family's history. Start a video or audiotape of your relatives' stories and memories.</div>	<div>15</div> <div>Read the newspaper with your children. They'll learn to stay informed about world events.</div>	<div>16</div> <div>Bake a cake together—it's fun, delicious and teaches simple measuring skills, too!</div>	<div>17</div> <div>Next time you visit the library, look up the newspaper from your child's birthday. Children enjoy seeing what happened on the day they were born.</div>	<div>18</div> <div>Let children take turns inviting a special friend for dinner.</div>	<div>19</div> <div>Family fun activity:</div> <div>Watch and then review a TV movie or video and have everyone give it one, two, three or four stars. Do you all agree?</div>
<div>20</div> <div>Time to think about back-to-school. Decide on school-night bedtimes and start getting children tucked in a little earlier each night.</div>	<div>21</div> <div>All children love to color, paint and draw. Join them and share the fun!</div>	<div>22</div> <div>Make sure your child knows the time you spend with him or her is special for you, too.</div>	<div>23</div> <div>Ask your children to make a list of school supplies they'll need. Practice math skills using back-to-school ads to compare prices.</div>	<div>24</div> <div>Check your local paper for festivals, outdoor concerts and other fun family events this weekend.</div>	<div>25</div> <div>Let the children "navigate" on your next family trip. Ask them to draw the route on the map, watch for road signs and estimate trip miles and time.</div>	<div>26</div> <div>Women's Equality Day</div> <div>This day celebrates women's right to vote. Ask your children to guess how long it took women to earn this right. (72 years)</div>
<div>27</div> <div>Get out the camera this weekend to take pictures of family summer fun!</div>	<div>28</div> <div>Children hot and bored? Take a break. Serve cool drinks and tell them happy memories from your childhood.</div>	<div>29</div> <div>A trip to the ice cream store after supper can be a special treat.</div>	<div>30</div> <div>Laugh it up today. Tell jokes, sing silly songs, poke fun at yourself. Laughter is good for your child—and for you.</div>	<div>31</div> <div>Put together a scrapbook of photos, drawings and memories about what your family did this summer.</div>	<div>Notes</div> <div></div> <div></div> <div></div> <div></div> <div></div>	